

**Morning Prayer  
Wednesday June 10, 2020**

**Columba, Abbot of Iona [521-97]**

**The Invitatory and Psalter**

May the fire of God's love burn brightly and steadfastly in our hearts like the golden light within the sanctuary lamp.

**The Confession**

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus

Christ, that we may abide in your love and serve only your will. **Amen.**

**Absolution**

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

**Amen.**

**Opening Versicle & Doxology**

O God, let our mouth proclaim your praise. **And your glory all the day long.**

**Praise to the holy and undivided Trinity, one God: as it was in the beginning, is now, and will be forever. Amen. Alleluia.**

**Jubilate *Psalm 100***

Be joyful in the Lord, all you lands; \*

**serve the Lord with gladness and come before his presence with a song.**

Know this: The Lord himself is God; \*

**he himself has made us, and we are his; we are his people and the sheep of his pasture.**

Enter his gates with thanksgiving; go into his courts with praise; \*



**give thanks to him and call upon his Name.**

For the Lord is good; his mercy is everlasting; \*

**and his faithfulness endures from age to age.**

For as in Adam all die, \*

**so also in Christ shall all be made alive. Alleluia.**

### **Psalm 61**

**1** Hear my cry, O God, \* **and listen to my prayer.**

**2** I call upon you from the ends of the earth with heaviness in my heart; \*

**set me upon the rock that is higher than I.**

**3** For you have been my refuge, \* **a strong tower against the enemy.**

**4** I will dwell in your house for ever; \* **I will take refuge under the cover of your wings.**

**5** For you, O God, have heard my vows; \*

**you have granted me the heritage of those who fear your Name.**

**6** Add length of days to the king's life; \* **let his years extend over many generations.**

**7** Let him sit enthroned before God for ever; \* **bid love and faithfulness watch over him.**

**8** So will I always sing the praise of your Name, \* **and day by day I will fulfill my vows.**

### **Psalm 62 *Nonne Deo?***

**1** For God alone my soul in silence waits; \* **from him comes my salvation.**

**2** He alone is my rock and my salvation, \*

**my stronghold, so that I shall not be greatly shaken.**

**3** How long will you assail me to crush me, all of you together, \*

**as if you were a leaning fence, a toppling wall?**

**4** They seek only to bring me down from my place of honor; \* **lies are their chief delight.**

**5** They bless with their lips, \* **but in their hearts they curse.**

**6** For God alone my soul in silence waits; \* **truly, my hope is in him.**

**7** He alone is my rock and my salvation, \* **my stronghold, so that I shall not be shaken.**

**8** In God is my safety and my honor; \* **God is my strong rock and my refuge.**

**9** Put your trust in him always, O people, \*

**pour out your hearts before him, for God is our refuge.**

**10** Those of high degree are but a fleeting breath, \*

**even those of low estate cannot be trusted.**

**11** On the scales they are lighter than a breath, \* **all of them together.**

**12** Put no trust in extortion; in robbery take no empty pride; \*

**though wealth increase, set not your heart upon it.**

**13** God has spoken once, twice have I heard it, \* **that power belongs to God.**

**14** Steadfast love is yours, O Lord, \* **for you repay everyone according to his deeds.**

## **The Lessons**

### **The First Lesson: A Reading from the Book of Ecclesiastes [8:14-9:10]**

14 There is a vanity that takes place on earth, that there are righteous people who are treated according to the conduct of the wicked, and there are wicked people who are treated according to the conduct of the righteous. I said that this also is vanity. <sup>15</sup>So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun. 16 When I applied my mind to know wisdom, and to see the business that is done on earth, how one's eyes see sleep neither day nor night, <sup>17</sup>then I saw all the work of God, that no one can find out what is happening under the sun. However much they may toil in seeking, they will not find it out; even though those who are wise claim to know, they cannot find it out. 9All this I laid to heart, examining it all, how the righteous and the wise and their deeds are in the hand of God; whether it is love or hate one does not know. Everything that confronts them <sup>2</sup>is vanity,\* since the same fate comes to all, to the righteous and the wicked, to the good and the evil,\* to the clean and the unclean, to those who sacrifice and those who do not sacrifice. As are the good, so are the sinners; those who swear are like those who shun an oath. <sup>3</sup>This is an evil in all that happens under the sun, that the same fate comes to everyone. Moreover, the hearts of all are full of evil; madness is in their hearts while they live, and after that they go to the dead. <sup>4</sup>But whoever is joined with all the living has hope, for a living dog is better than a dead lion. <sup>5</sup>The living know that they will die, but the dead know nothing; they have no more reward, and even the memory of them is lost. <sup>6</sup>Their love and their hate and their envy have already perished; never again will they have any share in all that happens under the sun. 7 Go, eat your bread with enjoyment, and drink your wine with a merry heart; for God has long ago approved what you do. <sup>8</sup>Let your garments always be white; do not let oil be lacking on your head. <sup>9</sup>Enjoy life with the wife whom you love, all the days of your vain life that are given you under the sun, because that is your portion in life and in your toil at which you toil under the sun. <sup>10</sup>Whatever your hand finds to do, do with your might; for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.

The Word of the Lord. **Thanks be to God.**

### **Canticle: A Song of Our True Nature - Julian of Norwich**

Christ revealed our frailty and our falling, \* our trespasses and our humiliations.

Christ also revealed his blessed power, \* his blessed wisdom and love.

He protects us as tenderly and as sweetly when we are in greatest need; \*

he raises us in spirit and turns everything to glory and joy without ending.

God is the ground and the substance, the very essence of nature; \*

God is the true father and mother of natures.

We are all bound to God by nature, \* and we are all bound to God by grace.

And this grace is for all the world, \* because it is our precious mother, Christ.

For this fair nature was prepared by Christ for the honor and nobility of all, \*

and for the joy and bliss of salvation.

### **The Second Lesson: The Gospel of Matthew [5:13-16]**

13 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. 14 'You are the light of the world. A city built on a hill cannot be hidden. <sup>15</sup>No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup>In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

### **The Song of Mary *Magnificat* Luke 1:46-55**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; \*

for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: \*

the Almighty has done great things for me, and holy is his Name.

He has mercy on those who fear him \* in every generation.

He has shown the strength of his arm, \*

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, \*and has lifted up the lowly.

He has filled the hungry with good things, \* and the rich he has sent away empty.

He has come to the help of his servant Israel, \*

for he has remembered his promise of mercy,

The promise he made to our fathers, \* to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit: \*

as it was in the beginning, is now, and will be for ever. Amen.

### **The Apostle's Creed**

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

### **The Prayers**

Hear our cry, O God. **And listen to our prayer.**

Let us pray. God be with you. **And also with you.**

Let us pray.

### **The Lord's Prayer**

### **The Suffrages**

V. Help us, O God our Savior; **R. Deliver us and forgive us our sins.**

V. Look upon your congregation; **R. Give to your people the blessing of peace.**

V. Declare your glory among the nations; **R. And your wonders among all peoples.**

V. Do not let the oppressed be shamed and turned away; **R. Never forget the lives of your poor.**

V. Continue your loving-kindness to those who know you;  
**R. And your favor to those who are true of heart.**

V. Satisfy us by your loving-kindness in the morning;  
**R. So shall we rejoice and be glad all the days of our life.**

### **Collect of the Day**

High King of Heaven, Almighty Father of us all, as your servant Saint Columba established a community built on love and trust, so grant that in all humility we may be your hands and your voices here on earth, working to build up the community of faith in the name of your Son, our Savior Jesus Christ. **Amen.**

### **Collect for Guidance: A Prayer of St. Columba**

Almighty Father, Son, and Holy Ghost, eternal, ever-blessed, gracious God, to me, the least of saints, to me allow that I may keep a door in paradise; that I may keep even the smallest door, the furthest door, the darkest, coldest door, the door that is least used, the stiffest door, if so it be but in Thine house, O God! If so it be that I can see Thy Glory, even afar and hear Thy voice, O God! and know that I am with Thee—thee, O God. **Amen.**

### **Collect for an end to racism**

Good and gracious God, you invite us to recognize and reverence your divine image and likeness in our neighbor. Enable us to see the reality of racism and free us to challenge and uproot it from our society, our world and ourselves. This we pray.

O Lord our God, in your mercy and kindness, no thought of ours is left unnoticed, no desire or concern ignored. You have proven that blessings abound when we fall on our knees in prayer, and so we turn to you in our hour of need. Fill us with your mercy so that we, in turn, may be merciful to others. Strip away pride, suspicion, and racism so that we may seek peace and justice in our communities. Strengthen our hearts so that they beat only to the rhythm of your holy purpose. Flood our path with your light as we walk humbly toward a future filled with compassionate understanding and unity. Be with us, O Lord, in our efforts, for only by the prompting of your grace can we progress toward virtue. We ask this through Jesus Christ our Lord.

### **A Prayer of St. Chrysostom**

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

### **The Blessing of St. Columba:**

See that you be at peace among yourselves, my children,  
and love one another.

Follow the example of good men of old,  
and God will comfort you and help you,  
both in this world

and in the world which is to come. **Amen.**

Be O Lord, a guiding star above us, a smooth path below us, a kindly shepherd behind us  
and a bright flame before us; today, tonight and forever. **Amen.**